

# LAMBDA

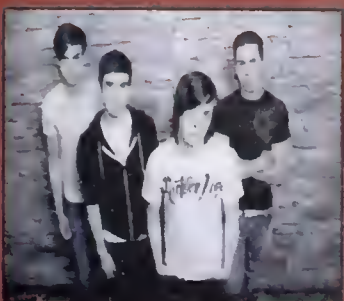
Vol. 47 No. 14 - The Official English Student Newspaper of Laurentian University Since 1961 - March 26th 2009



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20 Questions with The Latency

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## LAMBDA

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Include your full name and student number. Please keep articles to a maximum of 700 words. Lambda reserves the right to edit for content considered sexist, racist, homophobic, heterosexist, for length, or legal purposes. Letters of a harassing or slanderous nature will be dealt with by the proper authorities.



**Jason Miller**  
Editor-in-Chief  
2008/2009

It is that time of year again...when caffeine consumption rises and sleeping patterns become sporadic. If you are still oblivious to the final exams that are fast approaching I would suggest that you fight the procrastination monster and commit to one of your new year's resolutions by studying. I myself may preach organization, but I still participate in chaotic cramming. My excuse would be that it is not my fault, but this I'm afraid would be a lie. Instead, I have examined why I am usually unprepared for exams that I have had more than enough time to prepare for. The alternative choice that I frequently seem to favour over studying is technology.

Yes, that is it. It is not me who needs to obtain a better work ethic, it is technology and its attractive pastimes. In the twenty-first century we seem to continuously blame mediums for many of society's faults: television, video games, music and advertising. For example, it is not a parent's fault for their children being aggressive and bringing guns to school, it is the video game industry's as they are constantly exposing children to high levels of violence. Technology is one of

society's largest scapegoats.

We may not learn vital information from technology for our exams, but it does supply us with many life lessons. Television is where we have learned much of this information. Most of the shows today give insight as to how we should act when we get into the work force, as well as how we should act in society.

House M. D. has shown us many useful tips that we can apply in the work force:

- You are able to be a drug addict in a professional career as long as you are still good at what you do
- Being a sexist is acceptable if you claim you hate everyone
- Breaking workforce policies is allowed if you have a gut feeling that it will pay off
- Skipping mandatory work is tolerable if you dislike the task at hand
- Manipulating coworkers for your own benefit is humorous

The Office is another program where you should absorb life lessons that will become an asset for future endeavors:

- Saying 'that's what she said' in ANY instance is always funny and never gets old
- Racist comments are acceptable as long as you are oblivious to the stereotype
- Playing practical jokes on someone everyday will not get

you fired

- You never need to become mature to hold executive positions
- Pointing out people's character flaws is allowed when it serves your agenda

The last television show I have found that is packed with life lessons is How I met your Mother. This program's lessons allow you to be a better person:

- You can lie to the opposite sex consistently for your own personal benefits
- Anytime a man wears a suit females will flock towards him
- When you are 30 you can still act like you are 19
- Never ever break the Bro Code
- If you sit naked in someone's house it will seduce him or her two out of three times

All of these television shows

provide numerous examples outlining how you should act in the workforce and in society. They help you on your way to becoming a better person. Studying for an exam will never give me advice like this, especially not advice that can help me with becoming successful in the future.

I hope everyone enjoys this weeks rant and now for the disclaimer. \*None of the information stated in this editorial reflects the ideas of Lambda publications and we hold no fault if you: fail your exams, get fired from employment, sued, sentenced to prison, become single, or loose your front teeth.\*

However, good luck on exams!

Until Next Time  
Jason Miller



## LAMBDA is now online!

LAMBDA is now upgraded and on the World Wide Web. Check out the website for the latest issue and news from around Laurentian, the SGA and community.

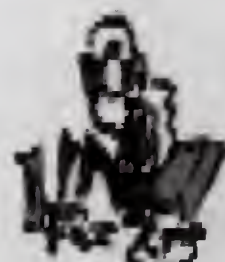
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**Joe Zamojski**  
Assistant Editor  
2008/09

## The Cramming Begins

It is hard to believe that classes are coming to an end once again. This semester has just flown by. It seems like just yesterday, I was at home for Christmas and now the snow is melting, classes are ending, and exams are just around the corner. We all know what that means too, time to cram. Every year I say to myself, I am going to work ahead and then when it comes to exam time I won't be as stressed, and every year it seems like the work just gets more and more intense; thus, eventually leaving me to cram for exams, because of all the last minute assignments that need to be completed beforehand. This is not always the case for every person, but I am sure many

of you can understand where I am coming from. Just think, the stress will be relieved when exams and this official academic year are all over and done with. Then summer here we come!

Going away from the topic of exams, I would just like to mention the SGA elections, and the new people who will be representing this student association next year. As I am sure you all know the votes have been tallied and the new representatives have been appointed for the 2009-2010 upcoming year. Colin MacGill has been voted your new SGA president. Congratulations to him and all of our other new representatives! Good luck in the upcoming year. I would like to thank the SGA representatives this year for all of their hard work and dedica-

tion. It was greatly appreciated. All of the events that took place were a big hit and would not have happened without you. I, and I'm sure many other students of Laurentian, are looking forward to what is in store for this upcoming year.

I don't know about you, but many students I know this summer are having a hard time finding a job, or are definitely taking a pay cut from the jobs they had in past summers. It is also clear that it is getting more expensive every year to attend University. This combination is very stressful for students like you and me. It is very hard for students now to pay for school solely based on their summer jobs. Making minimum wage does not usually cut it. With all of the factories going out of busi-

ness or downsizing, the higher paying summer jobs are difficult to obtain. Thus, leaving students little choice but to work in minimum wage positions. Student debt keeps rising yearly. In order to complete our education and find a decent job, we need to use loans, such as OSAP, to do so. Post Secondary education is very important in today's society, because without it there are not as many ways of making a living. I am finding it hard myself personally to keep paying more and more every year to the university, because of the rise in fees. Cost of living is rising as well, making it even more difficult. University is important, but in the same sense it is getting harder to keep pursuing for many people, due to the overall costs

associated. I am sure this is a concern for many students, and will continue to be since fees have been rising steadily for several years and will probably continue to do so. This is a stressful topic of discussion, however an important thing to think about. Having debt at this time is the only means many people are able to complete their education. This is definitely a concern of mine, but in saying this, it is still the best option for many students. Work hard over the summer break at what ever job you find, and that is all we can do. Eventually from your education you will have a career, and all of the money spent will be worth it. In today's society, the majority really do not have another choice.

## Head Injuries and the Health Risks That Follow

**Joe Zamojski**  
Assistant Editor

We have all had at least a couple falls and hits to the head. Most of the time we get right back up and keep going on with whatever we were doing. We usually think that it's not that serious, "it will just be a bump or bruise." However, is this the way we are supposed to react to this type of injury? To answer this question, no. Most of the time a head injury is not that serious and just needs to be watched for worsening symptoms, but a head injury can actually be fatal, and sometimes you will not know this until it is too late. There are different kinds of head injuries, all of different severities. Many signs and symptoms following the injury will show the acuteness of the head wound.

The main causes of serious head injury, according to the College of Family Physicians of Canada, is car accidents while not wearing a seatbelt, bicycle accidents and sports injuries. Most of the time these accidents are worsened because of the failure to wear proper equipment, such as a helmet. Wearing proper equipment, such as a helmet while per-

forming specific activities will definitely lessen the chances of getting a serious head injury. Most head injuries people do recover from with no lasting effects. Symptoms to look for in a head injury are: headache, nausea, rapid sleepiness, changes in behavior, confusion, dilated pupils, trouble walking or talking, vomiting, weakness or numbness in the limbs, and in some cases a seizure. Most head injuries just present with immediate pain of the area and a mild headache. If this is the case then, more than likely the individual will be okay. But it is important to see your doctor and get it checked out if you have any doubts or if symptoms worsen and present more severe.

There are four main types of head injury, according to the College of Family Physicians of Canada. These are known as; a concussion, brain contusion, skull fracture, and a hematoma. A concussion is described as being a jarring injury to the brain. A person may feel dazed or confused or in some cases pass out. This type of injury can be moderate to severe and should be watched for worsening symptoms. A brain contusion is known as a bruise of the brain. This means there is some bleeding

in the brain causing some swelling. This is a more severe injury, and will usually present with more serious symptoms. It does need some definite medical attention. A skull fracture is the cracking of the skull. Sometimes it is seen that the edges of the broken skull can cut into the brain and cause a brain bleed. This is more commonly seen in adults, because our skulls do not have as much give as a child's does. This is again a more serious injury with serious symptoms and does require definite medical attention. Lastly, a hematoma is a very serious injury to the brain. The injury to the head causes brain bleeds and these bleeds collect and form clots in the brain. Even a minor injury can cause a hematoma and it is important to look for serious symptoms and tell your doctor of any changes in symptoms over the time after the injury. This type of injury if not caught in time can result in

death, like the other brain bleeds as well, but because of the clotting the risk of death is increased.

Your head is important in protecting a main and very important internal organ of your body, the brain. It is important to protect yourself in as many ways possible to prevent yourself from having

a head injury. These types of injuries can be very serious and need to be watched and treated if they worsen. The brain is a vital organ, and as we know is something we cannot live properly without. Do yourself a favor, protect it and seek medical attention if persistent symptoms become present.

### THE ADVENTURES OF GREEN LANTERN





# I.M.P.A.C.T. Health Day 2009

ATTENTION ALL 1ST, 2ND AND 3RD YEAR STUDENTS ENROLLED IN A HEALTH-RELATED PROGRAM

Lauren Columbus  
Lambda Contributor

Don't forget that on Tuesday, September 8th 2009 Laurentian University will be hosting the 5th annual I.M.P.A.C.T. Health Day! This event is for all students in nursing, radiation therapy, midwifery, medicine, human kinetics, native human services, education and social work. I.M.P.A.C.T. Day provides students in the health professions with the opportunity to work collaboratively in interdisciplinary teams, while at same time providing an exciting and fun way to kick off the new school year! When the activities have ended, students will be provided with a FREE LUNCH as well as the opportunity to win SCHOLARSHIPS and other PRIZES. The event starts at 8:00am at the soccer field by the Ben Avery Building. You can join our Facebook group, "IMPACT Health 2009" to stay updated on new bursaries and prizes, as well as new details on activities being planned. 1st year activity: "Amazing Non-Race"

- This activity requires students to work together in teams and travel around campus, visiting various activity stations. Each station features a fun

and interactive activity to introduce students to the different health-related programmes offered at Laurentian.

2nd year activity: "Bus Rally- Health Hunt"

- Students are required to work together in teams and travel around the city of Sudbury by bus to practice problem-solving and to discover the different services available in northeastern Ontario.

3rd year activity: "Relay Adventure for Health"

- This event takes place on campus and hosts cooperative activities based on numerous case studies, enabling students from different disciplines to work together to reach a common goal. Organized by the Laurentian University Interdisciplinary Health Education Council (LUIHEC), I.M.P.A.C.T. Health Day aims to create an understanding across disciplines, and encourage collaboration among health care professionals. Educational and collaborative experiences such as I.M.P.A.C.T. are especially important in northeastern Ontario, where health care professionals must depend on one another for successful care of their communities.

We look forward to seeing everyone on September 8th, 2009!



## Student finds tuition in her Tim's cup

Aleysha Haniff

The Eyeopener (Ryerson University)

At best, Khalin Elliott was hoping for a free snack when she rolled up the rim last Wednesday.

"I started rolling it up and I see 'win' and the first thing that pops in my head is: 'Oh sweet, I've won a muffin or a coffee. I can get breakfast tomorrow morning,'" she said.

But instead of free pastry, the first-year new media student found a tiny dollar sign followed by a big number under the rim of her medium hot chocolate — \$10,000 courtesy of Tim Hortons Roll Up The Rim contest.

Elliott and her friends always take a break during their three-hour visual studies class. As usual, they

grabbed drinks at the nearby Tim Hortons and sat down on the red bench just across the hall to relax and roll up their rims.

Fifteen minutes later, Elliott had a cup worth \$10,000 and a pair of jumping, excited friends.

Elliott says she never wins anything.

"I had to get them to read it over to make sure I wasn't going crazy."

Despite the jokes and sarcastic comments flying around campus, Elliott's friends are thrilled she won — even though if they had lined up in a different order, one of them would have taken the prize. All three ordered medium hot chocolates that morning.

"I'm so glad Khalin won the money because she's not spending it on shoes, you know?" said Bryan

Lee, a first-year new media student who was with Elliott when she won.

Elliott, who prefers tea or hot chocolate to coffee, usually makes a Timmie's run

every Wednesday, Thursday, and Friday morning. She buys a medium or a large beverage, depending on her mood.

The oldest of four girls, she

relied on government funding and a competitive entrance scholarship to cover her tuition and residence fees this year. "There's six of us so we go through struggles and stuff like that. We're kind of in the middle in a way, like most big families are, so getting this is definitely going to help with school," Elliott said.

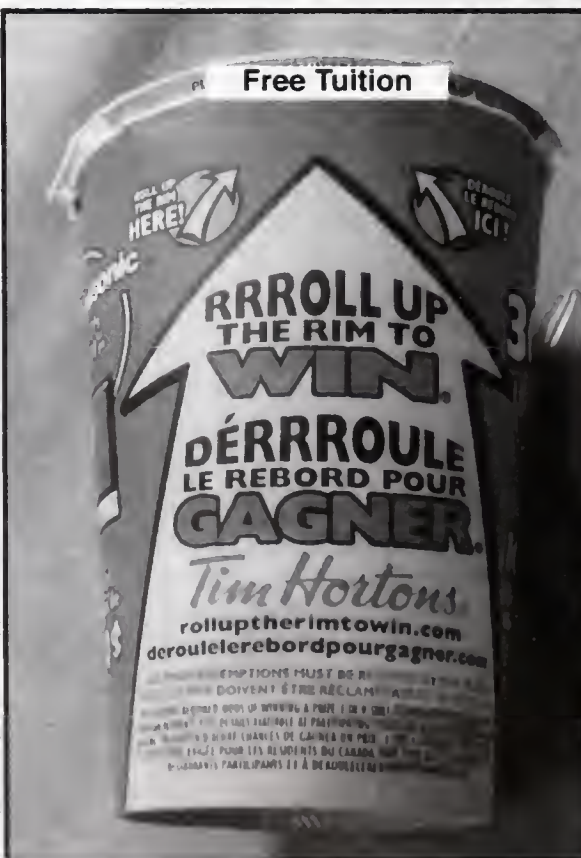
She plans to spend her money

on a new computer. Her MacBook runs slowly, and she needs something to handle advanced graphics work. "Everything's computer based in our classes," she explained.

The leftover cash will pay her tuition for second year. Even the food services employees were pumped to learn Elliott had won such a big prize at their tiny campus Tim Hortons.

"It was like oh, gosh — I had it in my hand," said Lucy Roque, who gave Elliott the winning cup.

She says more customers have been getting their coffee fix at her Tim's since Elliott's win, hoping to get lucky. And last Friday, someone stopped by to tell them they had won a \$100 Tim Card from that location. "That saying, 'have a nice day,' — it really, really worked for her. That's what we keep saying," said Roque.





**Andrea Camirand**  
Lambda Contributor

# Eating Disorders

Picture this. 7:00am your alarm goes off. Your eyelids open and you immediately start to think about your stomach. Will it be skinny this morning? Your hands start to wander your body as you take a mental analysis of your body by pinching and pulling the skin. It doesn't feel too bad. You roll out of bed and hop on the scale. Unfortunately it says you've gained 0.5lbs, you confirm it by looking in the mirror and agreeing with your inner voice that you definitely look fat today. You make a mental note to stick to fasting. You head to class and have troubles focusing, you are too preoccupied with thoughts of the 0.5lbs you gained from yesterday and start to think that they whispering that is going on is about you and how fat you are. Once class is finished you bump into some friends, they are headed out for lunch. Your stomach grumbles giving you a reminder of how satisfied you will be if you pass on it, so you politely decline and say you have plans. You run some errands, feel weak and tired, but you brush it off. On your errands you decide to pick up a box of laxatives, it gives you peace of mind having them on hand. When you return home, you hop onto the computer and surf the internet looking at photos for some inspiration. Your

stomach rumbles even more and you decide to allow yourself one small snack to hold you over the rest of the day. One bite of pizza will be ok, but that one bite turns into several and suddenly several pieces of pizza are gone. You enter a state of panic thinking you've failed yourself and get overwhelmed with the thought of getting fat. You dash into the bathroom and begin vomiting up the contents of your stomach. You're upset and angry, all that work for nothing. You check yourself over repeatedly in the mirror, weigh yourself some more and hope that the next day is more successful. Sounds tiring, right? Unfortunately this is the reality that some people are living each day.

We live in a society that places so much emphasis on what we eat and how we look. It is estimated, that at any given time 70% of women and 35% of men are dieting (CMHA). These types of behaviours may be an indication of deeper problems called eating disorders.

An eating disorder goes far beyond problems with food and dieting. According to the National Eating Disorders Association, these disorders also include extreme emotions, attitudes and behaviours surrounding weight and food issues. These disorders are quite severe and have the highest mortality rate of all mental

illnesses with approximately 10 to 20 percent dying from complications.

The three most common types of eating disorders are Anorexia Nervosa, Bulimia Nervosa and Binge Eating Disorder.

Approximately 1-2 percent of females in the age bracket 15 to 25 suffer from anorexia (CMHA). Anorexia nervosa is typically characterised by severe weight loss due to extreme food reduction. Some other symptoms include a refusal to keep body weight at or above the normal weight for one's body type, extreme dieting often paired with excessive exercising, feeling overweight despite weight loss, loss of menstrual periods and an extreme preoccupation with body weight and shape. If not addressed early, complications from this disorder may include abnormally slow heart rate and blood pressure, dry brittle bones, muscle loss and weakness, severe dehydration resulting in kidney failure, fainting, fatigue, dry hair and skin, and growth of a downy layer of hair that covers the body in efforts to stay warm. (NEDA)

In contrast to anorexia, bulimia nervosa involves the bingeing on excessive amounts of food, which is then purged. Approximately 3-5% of females from age 15 to 25 suffer from bulimia (CMHA). Symptoms of this disorder

include; repeated episodes of bingeing on food and then purging that is either self-induced vomiting, the use of laxatives, diet pills and/or diuretics. This results in cycles of fluctuation in weight, which can have great negative effects on the body to the point where death may occur as a result of electrolyte imbalance.

Binge Eating Disorder is characterised by chronic dieting and fasting that is paired with periods of overeating, usually done in secret to seek comfort (NEDIC).

Causes of eating disorders can be hard to detect, and generally stem from a variety of factors. Psychological factors such as low self-esteem, feelings of inadequacy or lack of control, depression, anger or loneliness play a part. Interpersonal factors including troubled family and personal relationships, difficulties expressing emotions and feelings, history of sexual or physical abuse can also be part of the problem. In addition, societal influence from peers and the media add extra pressure on these individuals to perceive beauty as mass media portrays.

Men are also affected by these disorders. It is estimated that there is one man for every 20 women with anorexia, and one man for every 10 women with bulimia (NEDIC). Men are affected by social pressures in relation to their bodies and per-

sonal identities putting them at risk of developing an eating disorder. Those who are in the entertainment industry, such as modelling and gay and transgendered men are at the highest risk. Seeking treatment for these disorders is often very challenging. Most do not think there is a problem, and often times these disorders are kept hidden and secret.

The earlier treatment is sought, the better the chances at recovery. Treatment for these disorders is often done through a multidiscipline approach due to the fact that there are so many areas and layers that need to be worked through. Some professionals that aid include psychologists, psychiatrists, dieticians and nutritionists, physicians, social workers and family counsellors.

If you are struggling with an eating disorder, know that you not alone. If you suspect that a friend or family member is struggling with an eating disorder, talk to them. Educate yourself on the matter, and let them know you are there for them and encourage them to seek treatment.

For further information or advice, call the Sudbury Regional Hospital Eating Disorders Clinic at 1-866-244-4344.

You may also contact Health Services at 675-1151 ext. 1067 or Peer Health Education at 675-1151 ext. 1069

## Undergrad-made iPhone app aimed at students

**Cameron Mitchell**  
The Brunswickian

While many students are wondering what they're going to do with their degrees after they get out of school, third-year computer science student Jason Brennan has already put his education to good use.

Brennan, a 20 year-old student at the University of New Brunswick, designed an application called Keener for the Apple iPhone.

Keener helps students keep track of their grades and organize their schoolwork.

"You put in your courses when you start the semester," said Brennan. "You put in your homework assignments, your quizzes, and the labs that are coming up. You put in the due dates, and it

gives you a list of what's due, what's overdue, and what's due next week. And when you get your tests and assignments back you just punch in your marks and it keeps track of your overall grades for the semester."

Keener is like a grade calculator. It gives a percentage grade for each class while the class is still ongoing.

"And it does weighted grading, so if your course is 50 per cent essay and 50 per cent exam, then that'll work," said Brennan.

Brennan developed Keener between November and January, and he lists his own university experience as his inspiration.

"I came up with this because I am not a keener at all," laughed Brennan. "I'm not very studious and I find that I'm a lot more organized if I have a way to record every-

thing."

Brennan wanted an organizer that he could keep with him at all times. Agendas are OK, but the writing can smudge and it's hard to fit an agenda in a jeans pocket.

Keener proved to be the perfect solution, because Brennan already had his iPhone with him most of the time.

Brennan also wanted to learn more about computer programming. He does a lot of programming in his spare time and he wanted see how difficult it was to program for the iPhone.

"I like to keep up on new things, so the iPhone is kind of a cool thing for me," he said. "I was looking for a way to teach myself how to program for them . . . and this idea kind of just hit me. I figured that would be a good way for me to learn and

to help with my schoolwork. And there are a lot of students out there too, so it could be a good market."

Keener went on sale Jan. 25. for \$4.99. Brennan gets 70 per cent, or \$3.50, from each sale. The other 30 per cent goes to Apple and the company handles all the billing and shipping.

"You can buy it right on your computer from iTunes, or you can buy it right on your iPhone or iPod touch." Brennan also credits his education at UNB for helping him create Keener.

"They don't teach this specifically at UNB," said

Brennan in reference to iPhone programming. "They teach programming in a different language, but the same concepts apply. They teach a lot of the same concepts and this was just applying the concepts that I learned."





Julie Danielle Poulin  
Lambda Contributor

# Exams: Get Set, Get Ready, STRESS!

Greetings peers!

As you all know, exam time is creeping up fast. It's already late March and every thought you have before you go to sleep at night is about school- what has to be done for when, what marks you have to achieve to keep that average up, where will you find the time to study... it never ends. Next thing you know, it's 4 am and you still haven't got a wink of sleep. Sadly, this is a form of stress among many others for university students. The information provided comes from the Heart and Stroke Foundation. You can always find more information on their website or even visiting your Health Services in G23 in the SSR building.

Many think stress is an event or a situation, but the fact is that stress comes from the thought of the event happening or thinking of the event while it's happening. It's purely the perceived "stressfulness" of the event that frightens people which brings about your typical burden over the whole ordeal.

Daily and life events are the culprits. They are the ones that can cause stress. Think about it, how many times during a day do you run into things that could possibly make you tick? The key to combat stress is the attitude in which you face these events.

What's also important is that cer-

tain events are stressful to some and to others, they are not. Each person reacts differently with physical or emotional signs. The first step in order to understand your stress level to a situation is to evaluate those signs. Then you can determine how well you deal with stress.

The Heart and Stroke Foundation outlines 3 stages of stress. First, the body goes into a "flight or fight" response. This means that your body is either ready to fight the stress or depletes. Your heart rate, blood pressure and breathing rate increases, you start sweating like crazy and your hunger is out of control. Second, your body begins to feel worn out and fatigued but at the same time you feel motivated and pressured like you could do a ridiculous amount of homework in one night. Your rate of smoking, drinking coffee and alcohol increases and butterflies take over your belly. You may start to forget things and your body is more apt into getting a cold. Lastly, your body uses up its energy. You may feel like you can't sleep, can't make proper decisions and make sudden changes in moods. At this stage, you're more likely to experience heart disease or mental illness.

Stress has serious side effects on health as you just observed. In the most serious cases, mental diseases such as depression and anxiety can result, as well as cardiovascular diseases such as high blood cholesterol, high blood pressure,

blood platelets that can lead to a clot. Mental illnesses can lead to suicidal thoughts and panic attacks and CV diseases can lead to, in its most severe form, death. Stress can also lead to simply, an unhealthy lifestyle, such as poor eating habits, excessive alcohol consumption and smoking, which ultimately contribute to both mental illnesses and CV diseases. Do you ever find yourself eating too much during exam time? Stress may be at the root of the cause.

Our society is starting to have a high standard on health and lowering stress levels will help you achieve better health. Here are some quick tips to ease the pressure of the exam period.

If you're into fitness, this may suit you. For those who are not, this may be a new and interesting avenue. Breathing techniques (diaphragmatic breathing) allows for your body to calm itself by concentrating on each breath. To do this, you need to lie on your back (if you can), breath in and at the same time move your arms up in the bent position and as you breath out move them down. If your not into breathing, how about progressive relaxation. Beware, you may fall asleep. First, sit or lie down in a quiet room and close your eyes. Make tight fists for 5 seconds then relax. Repeat this 3 times and pay particular attention to how it feels. Repeat this step with other muscles like the ones in your legs and back.

Other physical skills to relieve ten-

sion and calm your body are stretching, walking, going to the gym, even if it's only for 20 minutes. If you're not into any of those, how about trying exercises with your mind. Meditation is widely known for helping with stress. You can choose to meditate once or twice a day but no more than 20 minutes at a time. First you need to choose a quiet room and take time to relax. Once you are completely relax, choose a comforting word and repeat it over and over in your mind. Once you want to come out of meditating, start saying the word loudly but slowly while paying attention to your breathing. Begin to be aware of your body and then open your eyes and don't forget to stretch before getting up.

So you're really not into those things, and most people are not. If you're a social person, you might just need to have fun. That means, drop your pencil, close your book and dial a friend's number. Choose to go out to a movie, go play ball hockey outside, go out for supper, volunteer, or read a book, anything to get your mind off the exams. Once you come back to studying, you will find it much more fun, not to mention the smile on your face, and you won't feel so overwhelmed. Don't get carried away, use your time properly. That means, don't stay out until 2 am the day before an exam.

Lastly I need to talk about grub. The stuff that you inhale at fast food restaurants won't do you any

good during exam time. Remember that gross feeling you get once that Big Mac settles in? Yup, that means it's going straight through you and not giving you the energy you need to read the 150 pages to catch up in biology. So, before exam time comes, I suggest you go grocery shopping and stick to the produce aisle. Fruits and veggies may not be the quickest or easiest choice, but they are the source to an A+. You don't have to restrict yourself to just those items, but you get the idea, the healthier the better. Once your last exam is done, go ahead super-size your fries! It will be a treat.

In the end, what I'm trying to say is, don't push yourself too hard, take a break, make the right decisions and eat well during exams. If you believe that this information isn't enough for you to fight off exam stress, then you should come out to Stress Management day, April 3rd in the SSR building from 10am-4pm. The Peer Health Education team will gladly hand over more information for your already overburdened mind. You may not want to miss this because there will be a chance for you to win prizes as well as a couple of stress reliever games and techniques for you to try. If you can't make it and still want more information, call the Peer Health Education Team at 675-1151 ext 1069 or email [dm\\_mcaneney@laurentian.ca](mailto:dm_mcaneney@laurentian.ca). Good luck, and remember take deep breaths.

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## UN President tells corporate-controlled World Water Forum "water is a human right"

Dylan Penner

Istanbul / March 19, 2009 - The President of the United Nations General Assembly has told delegates at the World Water Forum in Istanbul that, "We must work quickly to guarantee that access to drinking water constitutes a fundamental right of all peoples..."

In a speech delivered by his senior advisor on water Maude Barlow, UN president Miguel d'Escoto Brockmann said, "Those who are committed to the privatization of water, making it a commodity like oil, are denying people a human right as basic as the air we breathe."

Ms. Barlow, who is also the national chairperson of the Council of Canadians, delivered the president's message to the People's Water Forum, a counter-forum being held by hundreds of civil society members from nearly 70 countries whose voices have not been at the WWF. The speech was later released to the World Water Forum, which is being attended by 20,000 delegates from 150 countries.

The UN president also questioned the

legitimacy of the forum itself. His speech stated, "The forum's orientation is profoundly influenced by private water companies. This is evident by the fact that both the president of the World Water Council and the alternate president are deeply involved with provision of private, for-profit, water services."

He added that future forums should, "conduct their deliberations under the auspices of the United Nations."

D'Escoto Brockmann also criticized the World Water Forum's draft Ministerial Declaration, which sees water as a "human need" rather than a human right. He said, "As it stands, this important statement undermines the efforts of those who are struggling for access to clean water and sanitation."

"Global water justice advocates welcome this being the last World Water Forum in its present format," adds Barlow. "There is an urgent need for an accountable and legitimate global water forum to be held regularly to address the grave threats facing our blue planet."

The next World Water Forum is scheduled to take place in 2012.

(DIS)Orientation week was held throughout the week of March 9th, 2009. The Placement Centre, in partnership with Alumni and LU International, have put together these events to offer advice and information to graduating students 2009 as well as alumni on what to do after graduation. Each event attended entered the student in a draw to win prizes. Here are the winners:

1 iPod 8Gb – Mustafa Abdulhusein

Two \$25 gift cards for the Book Store – Miranda Basso & Logan Bale

Six \$25 gift cards for Aramark – Jessica Savarie, Pat Seguin, Matthew George, Gabrielle Kocher, Kelly Oreskovich & Marwa Dimassi

Thank you to all those who have attended our events and good luck!"

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**Courses will start on May 4, 2009.  
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# SGA Election Results

POLLING LOCATION		THORNHILL RESIDENCE	U of S RESIDENCE	HUNTINGTON RESIDENCE	PHYS ED BUILDING	SCIENCE CAF II	STUDENT STREET	GREAT HALL	TOTAL
2009-2010 President	Jason Kontak	1	3	2		44			
	Collin McGill	14	12	1		36			
2009-2010 VP Issues	Vanessa Butler	2	1	3		63	17		
	David "Stitch" Pilon	12	8	7	17	37			
TOTAL RESULTS		PREZ	PREZ	PREZ	PREZ	PREZ	PREZ	PREZ	
		ISSUES	ISSUES	ISSUES	ISSUES	ISSUES	ISSUES	ISSUES	

## Team Diabetes Canada

Mustafa Abdulhusein  
Science and Tech Editor

I've been thinking for several days about ways to tackle the topic of diabetes and Team Diabetes Canada. I've come to the conclusion that a witty introduction paragraph about this health issue simply couldn't do it justice, and instead, I should just go right into it.

Diabetes is an illness that has to do with the pancreas, and a hormone it produces – insulin. Like any organ in the body, the pancreas is part of a complex system – producing and receiving many types of hormones. There is an area of the pancreas called the Islet of Langerhans, composed of two major types of cells: alpha and beta. Beta cells constitute approximately 60-80% of the Islets. These cells are responsible for producing insulin, an important hormone for allowing glucose (sugar) to enter body cells from the blood stream. There are two major things that can go wrong in this process. Basically, there is a problem at the production end of the line, or at the

delivery end. In fact, these two mistakes account for the two types of diabetes.

According to the Canadian Diabetes foundation, type 1 diabetes, is, in a nutshell a condition when ones pancreas does not produce insulin (a problem at the production end). The body gets energy by making glucose from foods like bread, potatoes, rice, pasta, milk and fruit. With type 1 diabetes, glucose builds up in your blood instead of being used for energy. The cause of type 1 diabetes remains unknown. However, it is not preventable, and it is not caused by eating too much sugar. The body's defense system may attack insulin-making cells by mistake. People are usually diagnosed with type 1 diabetes before the age of 30, most often during childhood or their teens. Those with this illness take insulin as required (and other medications, if prescribed by a doctor), eating healthy meals and snacks, and by partaking in regular physical activity. Insulin therapy is the

cornerstone of treatment for type 1 diabetes. Insulin can be administered by syringe, pen or pump.

Over time, high blood glucose levels can cause complications such as blindness, heart disease, kidney problems, nerve damage and erectile dysfunction. Fortunately, good diabetes care and management can prevent or delay the onset of these complications.

Type 2 diabetes is a disease in which your pancreas does not produce enough insulin, or your body does not properly use the insulin it makes. One with this type can live a long and healthy life by keeping the blood glucose levels (the amount of sugar in your blood) in the target range set by a doctor.

The prevalence of diabetes is quite overwhelming. In fact, an estimated 246 million people worldwide are affected by diabetes. With a further 7 million people developing diabetes each year, that number is expected to hit 380 million by

2025. In Canada, over two million Canadians have diabetes and that number is expected to reach three million by 2010.

Further, life expectancy for people with type 1 diabetes may be shortened by as much as 15 years. Life expectancy for people with type 2 diabetes may be shortened by 5 to 10 years. By 2010, it's estimated that diabetes will cost the Canadian healthcare system \$15.6 billion a year and that number will rise to \$19.2 billion by 2020.

Team Diabetes Canada is a national sports fundraising program for the Canadian Diabetes Association. Team Diabetes participants not only increase public awareness about healthy lifestyles, they also raise funds in support of the research, service, education, advocacy. One can be a participant by committing to raise between \$500 - \$9,000 and to walk or run in an event that could range anywhere from 3 km to 10km. For those more physically inclined amongst us, half or

full marathon distances can even be committed to. National and international endurance events are available ranging from Toronto, Halifax, Disneyland, Rome, Australia etc.

Check out [www.teamdiabetes.ca](http://www.teamdiabetes.ca) for more information.

And to top it off, there's a Laurentian connection! Ms. Taylor Shantz ([www.taylorshantz.org](http://www.taylorshantz.org)) became involved with Team Diabetes in July 2005. In that short period, she has raised over \$15,000 for the Canadian Diabetes Association! Congratulations Taylor! In August 2006 she actually travelled to Iceland and ran 10km in the Reykjavik Marathon. In case that wasn't enough, she challenged herself again in June 2008 and ran the half marathon race in Rio de Janeiro, Brazil. She has now set her sights on a total fundraising amount of \$20,000 and finishing a full marathon held in Athens, Greece this November.



# State of Shock Makes Debut Appearance at Laurentian

## Great Hall turned into Rock Concert Venue



Jacqueline Miller  
Arts & Entertainment Editor

After the frosh concert in September, it seemed as if the LU campus was lacking some sort of grand musical extravaganza – with the exception of Thirsty Thursdays in the pub, of course. However, as one of the many events aimed at raising money for the fourth year SPAD students' annual field trip, Joel Butler, Fernandes Godomon, and Sean Wilson organized a second semester concert in the Great Hall featuring State of Shock. They are best known for their singles "Money Honey" and "Best I Ever Had." State of Shock is composed of Simon Clow (Guitar), Cam Melnyk (Vocals), Johnny Philippon (Drums), and Alison Toews (Bass) and Jesse Wainright (Guitar). Philippon, Wainwright and Melnyk were the original members of State of Shock, who have been in a variety

of bands together since the late 1990s. Toews joined the band in 2003 after replying to an ad for a female bassist – they had originally put out an ad for a male bass player, but they didn't get along with any of them – and Clow was the last member to join the band. In 2004 they won an influential Canadian Radio contest and spent two years touring in a van, followed soon after by the creation of their breakthrough album *Life, Love & Lies* in 2007. They worked on the songs together and write about the real things that have happened to them. Their album has that elusive 'classic rock' sound, which is a result of the different bands and artists who inspire them. The band was quick to form a connection with the audience. They encouraged everyone to sing along from the moment they walked



Jason Miller

State of Shock pose before appearing at Laurentian University in the Great Hall

onto the stage, and the band would joke around with the students between sets. State of Shock is definitely a band you want to see in concert, because they are so invested in their performance and it is easy to tell that they love performing. They have a commanding stage presence and many students had their eyes glued to the stage throughout the concert. Throughout the evening, they played a variety of their own music and some classic covers. It was hardly necessary for the band to encourage anyone to sing along, as many students had already started singing as soon as they played their first song, which was aimed to get

people fired up, and it definitely did. The concert was also open to anyone outside of Laurentian University, provided they were nineteen years of age or older. It was nice to see that many people in the community took advantage of this opportunity and came out to the concert. They are repeat performers at Canadian Music Week, which they say is a great place for young artists to go because there are a lot of industry people there and you can get managers and booking agents if they like you. Last year they were nominated for a radio music award, and they are this year as well, and getting out to CMW is a great way to connect with new acts and continue to get their name out. The first time they went they had to drive from Vancouver to Toronto, which they did in a straight 52 hour drive in a van. They were on the last legs of a three week tour, and getting ready to start another one in mid-April in the States. During their interview, the subject of their band name came up. They said that they first time they walked into the studio everyone was in a "state of shock" about what was happening, and when they were throwing around name ideas, that one stuck

and was what they chose to call the band. The band says that it is also very fitting because you never know you're going to get with them. They definitely like to joke around and the band is very much like a family, including the way they tease each other about almost everything. Throughout the evening merchandise was being sold, and eager fans were able to meet the members of State of Shock after the concert and get their swag signed, as well as get photographs with the band and talk to them for a little while. At the end of their interview the band wanted to say thank you to Laurentian for having them, and thanks to everyone for being so nice and having everything so over the top. Before they left, the band gave the students of Laurentian their final piece of advice; to keep themselves out of trouble.

## IF YOU CAN'T STAND THE HEAT...



## The history of the kitchen

**Exhibition Opening March 27th at 7p.m. in the archives of J. N. Desmarais Library, Laurentian University (exhibition will run until April 27th)**

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# Kajun Kings Release First CD

Jacqueline Miller  
Arts and Entertainment  
Editor

The Kajun Kings is a young band from Laurentian that was formed in the fall of 2007. The two original members were Barry Miles and Jeremy Burton, the lead singer/guitarist, and drummer, respectively, who met while they were both first year Music students. Dan Westenenk, their bassist, joined the band after replying to an ad that they had put up around residence. They interviewed a lot of different guys for the position, and compared it to trying to find a girlfriend – you can jam with anyone for a day but you have to be able to find someone that you are able to perform with months or years later.

They were first discovered by the Laurentian University population when they performed at LUL's Got Talent in November 2007, where they took home first place. As the winners of LUL's Got Talent, they were invited to play during Airbandz in February 2008, and received even more exposure to the population at Laurentian.

Last summer they played at SummerFest in Bell Park as one of the bands that were opening for illScarlett and State of Shock. SummerFest is a four day event with several different stages set up and a variety of bands performing, ranging from local to national, rock to rap and everything in between. They have also played at a lot of local venues such as the Townehouse, Little Montreal, and The Underground, where they held their CD release party. In addition, they have played several engagements at Huntington University on campus.

The Kajun Kings released their first self-titled CD this year, containing 5 original tracks, all of which were written by Miles and recorded at a variety of locations by the band. While Miles writes all of the lyrics, Burton and Westenenk write their own accompanying music to go along with them.

All of the band members have songs that they connect with personally, and that evoke strong memories for them. As with most song writers, Miles draws inspiration from his own experiences, and writes so many



Kajun Kings: Barry Miles, Jeremy Burton and Dan Westenenk pose at Laurentian University with a truck

songs that some of them never make it to actual performances. "Lonely As You" is one of their songs that they like to open with, and "Another Day Gone" is what they consider their signature closing song. "Lonely As You" is upbeat and catchy, making it a very good opening song, while "Another

Day Gone" is a bit slower and slightly more serious. As the lyrics say, "It's just another day living, another day gone" and has an impression of something ending, which works out well for a closing song.

They have a melodic rock sound, fused with an alternative acoustic style. Many

fans say that they sound like a mix between the Foo Fighters and Matchbox 20, and one aptly described their sound as "Matchbox with balls." Considering how much the band likes the Foo Fighters, they are pretty happy with that description.



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## Important Notice for Students with Student Loans

**Are you graduating or taking more than six months off from school?**

If you are not returning to full-time studies this fall, you will need to contact us to discuss repayment options:

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If you think you might have trouble paying back your integrated student loan, there are programs available to help you stay on track.

Ask about the repayment options available to you. For example, the new Repayment Assistance Plan will ensure the federal portion of your payments will never be higher than what you can reasonably afford.

Visit the **Spotlight On** section of [CanLearn.ca](http://CanLearn.ca) for details.

## Avis important aux étudiants qui ont un prêt d'études

**Tu termines tes études ou tu les interromps pendant plus de six mois ?**

Si tu ne retournes pas aux études à temps plein l'automne prochain, tu dois communiquer avec nous afin de discuter des options de remboursement.

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Si tu crois que tu pourrais avoir de la difficulté à rembourser ton prêt d'études intégré, des programmes s'offrent à toi afin de t'aider à maintenir le cap.

Renseigne-toi au sujet des possibilités de remboursement qui te sont proposées. Dans le cadre du nouveau Programme d'aide au remboursement (PAR), par exemple, tu seras assuré que la fraction fédérale de tes versements ne dépassera jamais un montant raisonnablement abordable pour toi.

Pour plus de détails, visite la section **En vedette** du site [cibleétudes.ca](http://cibleétudes.ca).

Canada



Jacqueline Miller  
Arts & Entertainment Editor

## Houston, We Have a Rock Star

### EP Release Concert in the Pub

Singer Andrew Austin made his Laurentian University (and Sudbury) debut on March 13th in the Pub Downunder, to promote his new solo EP, *Just the Way I Feel*. He was in the pub from 3pm to 8pm, performing a variety of cover songs in addition to his own music from the newly released EP. He joked around with the audience and was happy to play any song that was requested, or attempt to play it in any case. He even tried to make up a song about girls and March Break for one of the audience members.

One of the funniest covers that he did was "Lose Yourself" by Eminem, which I'm not sure has ever been performed acoustically before. When he was taking a break, he would take the time to come and talk to audience members and he also had a lot of audience interaction while on stage.

It was a long time to be performing but even as the night started to draw to a close, Austin was still eagerly performing with a smile on his face.

His EP contains six full songs as well as an intro song

that blends into the first song and quickly gives you a feel for the rest of the songs. The title track is upbeat with a little bit of a jazz feel to it during the chorus, and the remaining five songs cover the themes of love, heart-break, and acceptance. One of the songs, *Anna*, is about an old high school crush, and the emotions and lyrics of the song are ones that anyone could relate to. We all have that person from high school that we thought we were in love with, and this song encapsulates all of those people and the emotions that we

felt around them.

Austin is making a place for himself in the Canadian music scene. He has already toured with legendary singer/songwriter Andy Kim and has worked and shared the stage with Canadian icons and contemporaries such as Ron Sexsmith, Ed Robertson and Steven Page (*Barenaked Ladies*), Danny Michel, Andy Stochansky, Blair Packham, Greg Neufeld, and Donovan Woods.

In 2006 he was nominated for 'Live Band of the Year' at the Toronto Indie Music

awards, and found himself in the spotlight in 2007 when he made a last minute decision to audition for *Canadian Idol* and found himself in the Top 22. During the week the Top 18 performed, Austin became the first performer to ever play an instrument in a solo performance on *Canadian Idol*.

*Just the Way I Feel* is available at stores in the GTA, online at [www.andrewaustin.ca](http://www.andrewaustin.ca), and on iTunes. One can only hope that we will see many more CDs from Andrew Austin in the future.

Alex Hayter  
The Cord Weekly (Wilfrid Laurier University)

## Game orchestra geeks up audiences

### Host Tommy Tallarico introduces Video Games Live, the new musical phenomenon

Tommy Tallarico, 41, has been performing live video game music concerts since he was 10 years old.

In his family's TV room.

With a broomstick.

Charging friends a nickel to serve as his special audience, Tallarico would throw on a tape cassette with recordings of music from the local arcade, stick a game cartridge in his Commodore 64 console, and then grab the broomstick as his guitar.

"Everyone laughed and thought it was hilarious," laughed Tallarico from his LA office. "Who knew, 30 years later I'd be doing it with 150 musicians from the LA Phil behind me at the Hollywood Bowl in front of 20,000 people?"

Quite the change of scenery for Tallarico, a man who has spent over 20 years in the gaming industry as a composer, critic, and self-described "class clown."

Video Games Live is the performance-art phenomenon that has been creating hysteria around the world since its founding in 2005. Since then, it has gone from performing three shows globally, to over 60 planned dates this year. Just last week, the show wowed over 100,000 fans in Taiwan, complimented by a fireworks display and mass sing-a-long.

The Kitchener-Waterloo Symphony Orchestra will be performing as part of VGL on March 13 and 14 at Centre in the Square in Kitchener, Ont.

Tallarico began VGL as a way to "prove to the world how culturally significant and artistic video games have become."

Co-founded with show conductor Jack Wall – composer of *Mass Effect* and *Splinter Cell* – with the goal of creating a show for everybody, not just gamers. "You don't have to know a darn thing at all about video games to come to the show," said Tallarico.

Each night of the show, a live symphony orchestra performs on stage to a backdrop of video game footage, perfectly synchronized. But this isn't one of your regular nights at the prom. "I don't allow the people in the orchestra to wear tuxedos; it's a rule," said Tallarico. "We encourage clapping before, after, and during the performance."

The event's hybridism has brought fresh fans to classical music and video game compositions alike. Even members of the orchestra, says Tallarico, find an instant adoration and respect for songs they have never heard before.

"They thought they'd be sitting down plucking out pizicottos on the violin all night – 'bleep bleep bloop bloop bleep,'" he chuckled. The music demonstrated in the show is far from the simple variety though.

The key to VGL's success is its variety – with music starting as early as Pong, through '80s classics like *Frogger*, to new favourites such as *Halo*.

"We've never played the same show twice," said Tallarico. "We're always adding to the show, doing different stuff."

The music is a mixture of both new and old, he says. "If anything, we lean more towards the new stuff."

In next week's show, the set list will include fresh material, such as the seminal *Bioshock*, and Tallarico hopes to debut material from *Megaman*.

A sure highlight will be a Guitar Hero: Aerosmith segment, where a competition winner is brought on stage to duel Tallarico's real guitar playing, backed by a live, improvised orchestra.

This part is a particular favourite for Tallarico: He's Steven Tyler's cousin, after all. Often taking centre-stage, Tallarico will don a flashy jacket, wield his Spider-Man-branded Gibson guitar, grab the microphone, and holler song melodies for the crowd to chant along to.

And while Tallarico doesn't take himself too seriously, the man's certainly passionate about his two loves: music and games.

A stroke of luck brought these two joys together when Tallarico, 20 years old and virtually homeless in California, was approached by a video

game designer at the music store he was working at. Tallarico, adorned in a video game T-shirt, got a job as a game tester – and before he knew it, he was composing the soundtrack to *Prince of Persia* in his spare time.

Tallarico later went on to become co-host of G4 Tech TV's *Electric Playground*, a show where he and founder Victor Lucas debate the merits of the latest videogames. Since taking VGL on the road, his appearances on television have dwindled to only a handful of appearances per season.

Though he misses having an outlet to vent his critical voice, Tallarico was eager to spout off his opinion on some of his current peeves in the gaming industry.

He still feels that the name "Nintendo Wii" was an awful choice for a console.

"I hold them to such a high standard that when they come out with horseshit, I'm gonna fucking call 'em on it," laughed

Tallarico. "All lot of people are afraid to say the things I say. But for me, it's not really my career – so I don't give a shit." And *Wii Music*, Nintendo's answer to the music game phenomenon? "[Creator Shigeru Miyamoto] dialed that one in, I think... I don't know what the hell happened," he said.

Tallarico certainly doesn't plan on dialing the rest of his career in – the sound of thousands of screaming, adoring fans is too much of an incentive for this natural showman.

"It's instant gratification to see that excitement," he said. "We're ushering a whole new generation of people to come out and appreciate the arts and appreciate a symphony."

Tallarico will be sure to gratify VGL's fans as he continues to expand the show's musical catalogue. Having just added *Chrono Trigger* to the mix, we're set to hear *Super Smash Bros*, *Shadow of the Colossus*, and *Street Fighter II* in the near future.

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## And You Thought Medical School Was Competitive? Think again.



**Mustafa  
Abdulhusein**  
Science &  
Tech Editor

In a time when a select few in the post-secondary education community (and some beyond) are attending coveted medical school interviews in the hopes of obtaining a medical doctorate degree – I wondered if there was anything more competitive. Personally, I didn't think so. Apparently, even I'm wrong from time to time. Who knew?

Before getting into the details of the candidates, a little history on the Canadian Space Agency (CSA) would be appropriate. Canada's relatively short aeronautic reputation was solidified in 1974 when NASA awarded Canada the responsibility of designing, developing and building the Shuttle Remote Manipulator System (SRMS) for the space shuttle program. That program's brainchild was the 15-meter Canadarm. Four other Canadarms from Spar Aerospace Limited in Brampton, Ontario have been built. On Nov. 13, 1981 Canadarm made its first debut aboard the Columbia spacecraft. Even after 50 missions, and 7000 Earth orbits, these Canadian engineering feats have yet to malfunction.

In 1983, the call from the National Research Council of Canada (NRCC) went out for Canadians who would be chosen to complete a NASA mission in space. From the 4000 respondents, a mere 6 were chosen, and in 1984, Marc Garneau became the first Canadian in space. In 1989, the CSA was born and it has 4 major responsibilities: space programs, space technologies, space science, and space operations. Marc Garneau became the CSA's first president on Nov. 22, 2001. Currently, Steve Maclean holds that post.

Although its responsibilities include more than simply hiring astronauts, the agency recommends that hopeful applicants have at least the following requirements:

- Earn at least one advanced degree in science or engineering.
- Become proficient in more than one discipline.
- Develop your public speaking skills, preferably in both official languages.
- Demonstrate concern for others by taking part in community activities.
- Maintain your physical fitness.

## Canada's Next Top Astronaut

- OPTIONAL: learn to skydive, scuba dive, and/or pilot an airplane.

Once selected for the astronaut program, astronaut candidates undergo continuous and rigorous training to prepare for missions onboard the space shuttle and/or the International Space Station (ISS).

To confirm that you are well suited to working in space, you may also want to:

- Develop an understanding of topics in aerospace.
- Work for an aerospace company to get hands-on experience.
- Attend the International Space University (ISU).

The last time the Space Agency put out a call for astronauts – in 1992 – it received 5,000 replies. It hired four new astronauts.

"It is time for us to recruit," Industry Minister Jim Prentice said at the Canadian Space Agency headquarters near Montreal.

"We do need younger astronauts coming aboard, but it also provides us with a pool of talented people from which to draw possibly in the future."

The agency is looking to fill two positions to bring the astronaut corps to six. After Bjarni Tryggvason retires, the current corps of astronauts will be composed of Steve MacLean, Julie Payette, Robert Thirsk and Chris Hadfield.

Once the candidates are selected in May, basic training will begin at NASA in August 2009, followed by training for missions of about six months. Salaries for the positions range from \$83,300 to \$162,700.

It's an exciting time for potential astronauts, said MacLean, as they will get to train on the crew exploration vehicles, or CEVs, which will take the next generation of astronauts to the moon.

Currently, there are 16 finalists vying for the two positions. Here's bit of a rundown on the candidates:

30 year-old Winnipeg native Allyson Hindle is the only woman among the 16. Hindle has a master's degree in zoology and a PhD in wildlife and fisheries sciences. She currently works as a postdoctoral fellow at the marine mammal research unit of University of British Columbia. As a researcher who specializes in life in extreme environments such as Antarctica, she is used to working far from home in remote locations.

About 20 per cent of the 5351 candidates to apply were women, Canadian Space Agency president Steve MacLean said. But once the

process began, testers were blind to sex, race or other categories, he said. As for Hindle, she had nothing but praise for the finalists alongside her.

"It's such a privilege to be with such fantastic Canadians," she said.

Half of the hopefuls for the two top astronaut positions are fighter-pilots – including Regina-native Desmond Brophy. Right now, this high-altitude pilot works as an exchange test pilot with the U.S. Air Force at Edwards Air Force Base. His has a master's degree in mechanical engineering from the University of Calgary and is currently working as a master's candidate in aerospace engineering at the University of Colorado.

Speaking of medical school, Dr. Christopher Denny, 37, works as a team physician of Toronto's heavy urban search and rescue team – basically an emergency physician. Qualified right? He said that the challenges the Canadian Space Agency has put before the candidates were particularly challenging.

In one scenario, candidates had to fight fires in extremely hot conditions and then immediately plunge into ice-cold water.

"You went from bloody hot to awfully cold, and you get this visceral fear," he said. "None of this was covered in medical school."

At the 1996 Olympic Games in Atlanta kayaker Peter Giles from Lake Echo, N.S., represented Canada and served again as the assistant chef de mission for Team Canada in Beijing, a job that allowed him to live through the trials and tribulations of younger athletes. Now training to become an astronaut, he says he has received calls from athletes who are following his current exploits.

"To hear the athletes you lived through now saying they are living vicariously through you is powerful inspiration," said Giles, who has a PhD in applied physics and works as a system engineer at General Dynamics Canada.

Matthew Bamsey was born in Burlington, Ont., and raised in Guelph. He has a masters in aerospace engineering and is working on his PhD in environmental biology at the University of Guelph. In case that wasn't enough, he also works as a research affiliate in the CSA's space science, planetary exploration division – focusing on biological life support systems.

Jeremy Hansen is an award-winning fighter pilot. He says his dream of becoming an

astronaut is synonymous with his pursuit of a career as a pilot. He was born in Ailsa Craig, Ont., and currently serving as a

combat operations officer in Cold Lake, Alta. He also has a master's degree in physics from Royal Military College in Kingston, Ont.

Jameel Janjua, is a CF-18 Hornet fighter pilot with the 425 Tactical Fighter Squadron. He has a Master's in aeronautics and astronautics from the Massachusetts Institute of Technology and was active as a student in the International Space University, but said he won't look back if he's passed over.

"I think everyone here would answer that question the same way, which is that I'd go back to my job because I love it," he said.

Ryan Hunter of Mississauga, Ont., was one of the few who, strangely enough listed that he wanted to play hockey professionally – as opposed to the usual "becoming an astronaut – as a childhood dream.

He now holds a PhD in microbiology and is the current Canadian Cystic Fibrosis Foundation postdoctoral fellow at the Massachusetts Institute of Technology.

Mark McCullins, is 35 and he started to chase his space dreams as a Canadian boy, joining the Air Cadets at 13 and getting his pilot's licence before his driver's licence. He was actually born in Ireland, and might become the first native of that country into space.

Dr. David Saint-Jacques has a PhD in astrophysics from Cambridge University in the U.K. and is currently a medical doctor practising at Inuulitsivik Health Centre in Puvirnituq, Quebec. That's right – a doctor.

Stuart Rogerson is also a fighter pilot and he got his gliding license at the age of 16. The 35-year-old British-born Canadian from Powell River, B.C., now living in Cold Lake, Alta., knew he wanted to fly when he was 12, so he applied to join the Air Cadets.

Geoffrey Steeves has is an assistant professor in the department of physics and astronomy at the University of Victoria – not to mention his commercial pilot's licence. Steeves, 36, said he's been



dreaming of becoming an astronaut since he was a child, and recalls playing a space station video game on the Commodore-64 when others might have enjoyed baseball or other sporting games.

Keith Wilson is a medical student at the University of Manitoba who worked 14 years as a search and rescue helicopter pilot and test pilot with the Canadian military. The link between flying and space travel comes natural for this 35 year old.

26-year-old Joshua Kutryk, born in Fort Saskatchewan, Alta., and raised near Beauvallon, Alta., is a tactical fighter pilot with the Canadian Forces. He's still relatively young – and if the CSA do another search in 16 years – he could apply again at 42.

Kenneth Welch is a military pilot and nanotechnology researcher working in Sweden. The dream of space began while growing up on a ranch in Cardston, Alta., and looking up at the open sky and seeing the Milky Way. The 40-year-old Welch often wondered whether his chance would ever come: "I didn't think I was going to get a chance," he said. "It's hard to believe, but it's been a very enjoyable process getting to know the other candidates better."

Richmond, B.C., native Bruce Woodley is now working as a private consultant in Silicon Valley, but got his start collaborating with the CSA while working as an undergraduate at Simon Fraser University. He says his work on pattern recognition systems will be useful for allowing future lunar and Martian rovers to work autonomously without input from Earth.

He also has a PhD in electrical engineering from Stanford. Being an astronaut was one of his two dreams growing up. The other? "Driving a Zamboni," he said.

Well – that's it for the second last Science and Technology column of the year Laurentian! I hope you have enjoyed this year and reading about the different topics covered in this column. Until next time Laurentian...



# FOOD A PART OF NANOTECHNOLOGY REVOLUTION

**Mustafa Abdulhusein**  
Science and Tech Editor

You may recall an article that ran in Lambda not too long ago about nanotechnology and its effect on the environment. Basically, it was a discussion about how these small ( $10^{-9}$ ) particles have the potential to revolutionize our world. The most common example given is of a sport shirt whose fibers are woven with silver atoms. These make the fabric odour resistant and better for sweat absorption. However, the issue of releasing these nano-silver particles into the environment is a lingering shadow on this revolutionary technology.

At the time, when I was writing and researching that article, I had no idea of the long

arm of nanotechnology (obviously, not literally). Apparently, a new use for this 'miniature' technology has emerged. But first – a little history.

Food safety. Two words, and yet, such memories evoked. Most recently, the major meat recall due to infected product with *Listeria* (a bacteria). The Canadian Food Inspection Agency, like its counterparts all over the globe, have such a huge responsibility of keeping the foods we eat on a regular basis as safe as possible. One of the major techniques employed is the use of random-sampling. Basically, products are taken at random (usually from a production line) and they are tested for abnormal microbial activity. The process usually involves growing the samples in culture which involves relatively

lengthy incubation times. Serological typing is another option available which can give fairly quicker results, but is also prone to a degree of experimental error. Enter nanotechnology. Scientists are using nanotechnology to detect pathogens (disease-causing agents) in our foods – including salmonella. According to CBC News, public health experts estimate that each year more than 11 million Canadians suffer from salmonella, or more rarely – listeriosis. Those with weakened immune systems (the young or elderly or expecting mothers), especially individuals at a health care facility are at a higher risk of being adversely affected by the pathogens.

Not dissimilar to many technological advances, its strength is also its weakness. In this case, the strength of nanoparticles lies in their size. Unfortunately,

they are not – as of yet – still quite feasible. Their size allows them to penetrate into the cell membrane of microbes, thus allowing them to sense the DNA of such notorious species such as salmonella or listeria. All this according to Dutch biotechnology researcher Frans Kampers of the Biotechnology Centre for Food and Health Innovation at the Wageningen Research Centre.

Ah, but their wonderful abilities don't stop there. No, no my friend. Nanoparticles

could also be used in packaging to signal when food has passed its best-before date. For example, when perishable foods like lettuce or milk lose their quality, toxins are created. These toxins could subsequently be sensed using nanotechnology.

According to Kampers, there's no risk in putting nanosensors into packaging – but he nevertheless realized the importance of labeling products with nanotechnology features – so people can choose whether to use or avoid them.

## QUANTUM DOTS

Stem cells from moth DNA and a bionic eye lets in the light

**Mary Thompson**  
Lambda Writer

Moth DNA critical for stem cell therapy

Doctors from Mount Sinai Hospital and the University of Edinburgh have developed a new technique to transform adult cells into stem cells that involves the Cabbage looper moth, of all things. Stem cells are an exciting line of research as they have the ability to generate all the different cell types in the body. Adult cells, such as skin cells, can be transformed into stem cells through gene manipulation. Previously this transformation involved using viruses to deliver four gene factors that transformed and activated the cell as a stem cell. However using viruses is risky as the cell's DNA can be damaged and the factors can become cancerous if they get loose. The moth's DNA can deliver the four gene factors and be removed without damaging the cell. It is hoped that these stem cells can be used to repair or replace damaged tissue; perhaps even nerve tissue or whole organs. Being able to transform adult cells into stem cells also means cells can be taken directly from a patient, eliminating the need for anti-rejection drugs.

Seeing the light

A man who has been blind for the past 30 years has recently begun to see the light. Several months ago he was fitted with Argus II, a new bionic eye designed by scientists at Second Sight. The device works

through a camera and video processor mounted on a pair of sunglasses. Images are sent wirelessly to a receiver on the outside of the eye. The receiver then stimulates tiny electrodes on the retina which relay the information to the brain along the optic nerve. Images are seen as patterns of light and dark spots based on which electrodes were stimulated. The device is expected to help people who have lost their sight due to diseases such as retinitis pigmentosa. Argus II is still in early trial stages but the technology shows a lot of promise for restoring total vision to blind patients.

Need a hand, anyone?

Several years ago researchers were able to grow a human ear on the back of a laboratory mouse, now they've moved on to growing complete bones. The technique involves a special printer which takes 3D images of the desired bone and creates a perfect replica of the bone. Thin layers of biodegradable materials found in the human body are used to generate the bone "scaffold". This model has thousands of tiny pores in which bone cells can settle. The cells gradually replace the synthetic material and a perfect copy is left. The bone scaffolds can be sewn onto the backs of mice, under the skin, or they can be grown in situ, directly on the patient's body. This procedure would eliminate long waits on donor lists as replacement bones could be made from a patient's own cells. No need to replace your finger with a toe or go without, soon you might be able to keep replacements handy at home.

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# Volleyball Intramurals Show it's Colours!

**Kathleen Fabbro**

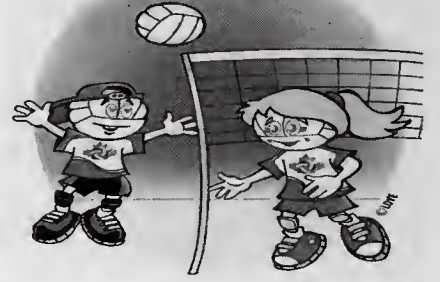
Intramural COED Volleyball Convenor

The participants of the COED Intramural Volleyball league are still coming out strong with spirit and skills. It has been a busy month in March with the 80's theme night and also a St. Patrick's Day theme night. The 80's theme night was a hit as most students were all dolled up in colourful spandex, headbands, and side ponytails. Congratulations to Christina Jobst, the 80's Tuesday night winner and to Andrew Jones, the

80's Thursday night winner. Way to bring back the 80's!

The final theme night for the Intramural COED Volleyball league was a St. Patrick's Day theme. There were no games actually booked on St. Patrick's Day however the convenors decided to have a St. Patrick's Day theme the week prior to celebrate everyone's Irish Spirit. The final theme week was very successful as the students enjoyed playing volleyball all decked out in green. Congratulations to James Bowman and Lucie Lambert who were the lucky winners in green on Tuesday and Thursday night for the St. Patrick's Day theme.

All the theme nights were successful and now the season is coming to an end. Good luck to all the team in the playoffs! Keep up the spirit!



## Laurentian University Intramural Doubles Badminton ends with a smash!

**Jeff Easby**

Intramural Doubles Badminton Convenor

The convenors of the Laurentian University Intramural COED Doubles Badminton league would like to thank all the participants. It is you who made this event one of the most interesting, exciting and hard fought leagues this year!

We ran a three week season with an intense play-off round in the last week. The great turnout made this event fun with a strong competitive edge. There was a tight regular season, and not one team showed total domination, which lead to a very entertaining playoff race. Participants showed

their spirit in the second week with a dress up night, and also demonstrated their skills in skills competition.

After an exhilarating night of close playoff matches one team was able to pull away from the pack and claim the top prize. The winning team was the Dirty Birds. Putting up a good fight in the finals, but just falling short by a small margin was Team Cyr. Our bronze medal game was a tight match between Team Chen and Gus Bus, yet at the end of the night Gus Bus took home the bronze.

All the winners and enthusiastic participants were awarded with prizes which were donated by our sponsors which included Bulk Barn and the Sudbury Wolves. We would like to thank our participants, sponsors and everyone who was

involved in making this event as great as it was. Keep practicing in the off season and we hope to see you out again Next Year!



**March 2009**

**Jeno Tihanyi Olympic Gold Pool**

Sunday-Dimanche	Monday-Lundi	Tuesday-Mardi	Wednesday-Mercredi	Thursday-Jeudi	Friday-Vendredi	Saturday-Samedi
1:00pm-3:00pm 6:30pm-8:30pm	11:30am- 1:00pm 3:00pm - 5:00pm 8:00pm - 10:00pm	11:30am- 1:00pm 3:00pm - 5:00pm	11:30am- 1:00pm 3:00pm - 5:00pm 8:00pm - 10:00pm	11:30am- 1:00pm 3:00pm - 5:00pm	11:30am- 1:00pm 3:00pm - 5:00pm 8:00pm - 10:00pm	1:00pm-3:00pm 6:30pm-8:30pm



Free Swim /  
Natation gratuite

Mar 16  
4pm-6:30pm

Mar 22  
3pm-4:30pm



**Piscine d'or olympique Jeno Tihanyi**

**Mars 2009**



Free Swim /  
Natation gratuite

Mar 19  
8pm-10pm



Free Swim /  
Natation gratuite

Mar 21  
3pm-4:30pm



**Gymnasium Hours**

Sunday-Dimanche	Monday-Lundi	Tuesday-Mardi	Wednesday-Mercredi	Thursday-Jeudi	Friday-Vendredi	Saturday-Samedi
7:00am - 10:00pm	6:00am - 11:00pm	6:00am - 11:00pm	6:00am - 11:00pm	6:00am - 11:00pm	6:30am - 10:00pm	7:00am - 10:00pm



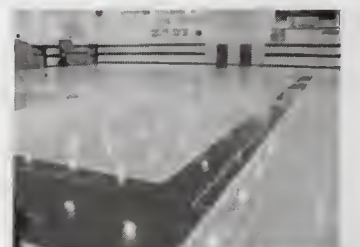
**Disponibilité des gymnases**

Recreational Sport  
Schedule

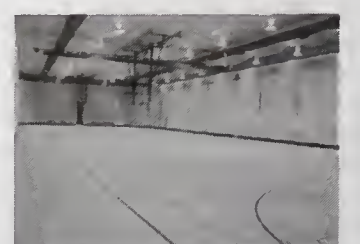
6:30pm - 9:30pm B / V / S	4:30pm - 6:30pm B 6:30pm - 8:30pm V	4:30pm - 6:30pm S 6:30pm - 8:30pm B	4:30pm - 6:30pm V 6:30pm - 8:30pm S	4:30pm - 6:30pm B 6:30pm - 8:30pm V	4:30pm - 6:30pm S	
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Legends:

B - Badminton  
S - Soccer



A & B gym - wood floor



C & D gym



## Psychologists, counsellors push alternatives to sleep meds

**Meuren Martins**

Excalibur (York University)

Sleep problems are pretty common, but experts have some tips for the tossers and turners among us.

Some people decide to take alternative sleeping medications, but while they are effective at improving sleeping habits, they have many risks attached to them.

Doctors will not recommend medication for people with sleeping problems unless the situation is severe. Medication runs the risks of dependency and possible addiction. Other effects include drowsiness and dizziness. More importantly, medication is only a quick fix to one's sleeping problems.

Susan Martha, professor in

the Department of Psychology at Toronto's York University, has some more natural recommendations for improving sleeping habits.

Martha encourages the bedroom be used for rest and sleep rather than conflict and worry.

If you are worried about something, and it's keeping you awake, she advises you to get up and leave the bedroom – go read a book elsewhere.

"Other obvious things, like improving the sleep environment by minimizing noise and disruptions might work as well. In addition, regular exercise – but not close to bed time – has been shown to increase early night slow-wave sleep in normal sleepers," said Martha.

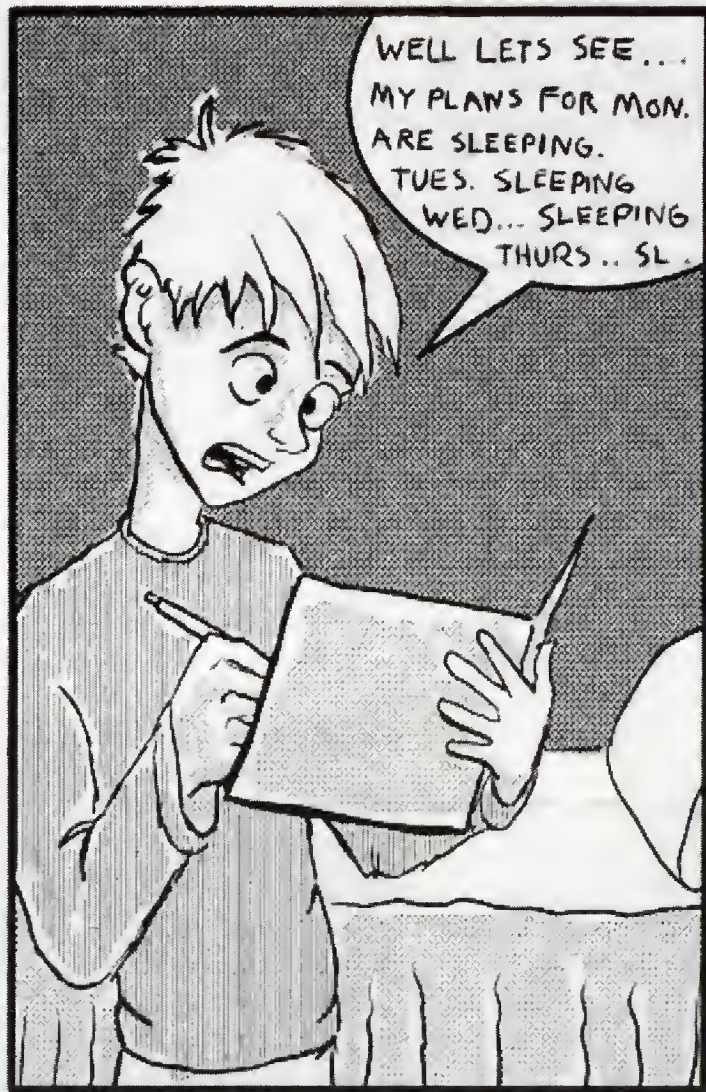
One study conducted on personality and sleep found that

better mental health has a plausible correlation to better sleep.

The study, conducted by the Department of Psychology at Grant MacEwan College in Edmonton, found that mindfulness and well-being are positively correlated with sleep.

Linda Ivan, social worker at the Centre for Addiction and Mental Health in Toronto, recommends that people avoid alcohol before sleep since it causes poor sleep quality and frequent awakenings during the night.

Ivan also recommends people limit their caffeine intake since it interferes with sleep. Another technique for better sleep is to try establishing a regular routine: going to bed at the same time every day including weekends and using the time before you go to sleep to do the same thing everyday.



## LADY VEES CURLING LOOK TO DELIVER CHAMPIONSHIP BANNER

The Laurentian Lady Vees curling team looks to cap off their inaugural season by claiming the CIS/CCA championship banner in Montreal this weekend. The Lady Vees will compete at the Royal Montreal and Montreal West Curling Clubs from March 25th to 29th.

The team consisting of Amanda Gates (Sudbury, Ont.), Kim Curtin (Lindsay, Ont.), Jenny Gates (Sudbury), Vanessa Maloney (Sudbury) and Denise Brown (Barrie, Ont.) with coach Jan Pula will take the ice for the first time in nearly two months following a silver medal performance at the OUA championships in February. This year is the team's first season competing with varsity status at Laurentian following two years of playing in the formally invitational CIS championships. This year's team had to qualify for the national championships and Laurentian did that with strong performances at the OUA sectionals in Kitchener (2-1), OUA cross-overs in St. Catharines (4-1) and OUA championships in Peterborough (2-2). Overall the Lady Vees went 8-4 and claimed a silver medal along the way falling to Western in the OUA championship final.

The team will be in Pool 'B' of the CIS/CCA championship with the likes of Alberta, Manitoba, Concordia and UPEI. A round-robin will take place with an added game against a Pool 'A' opponent (Laurentian will play Laurier) to bring the preliminary total to five. The top-two teams from each pool move onto play a semi-final on Sunday morning, with the finals slated for Sunday at 2 p.m. at the Royal Montreal Curling Club. The champion of this year's event will represent Canada at the 2010 Karuizawa International Curling Championships in Japan.

"We have had tremendous contribution from a number of players all year," said head coach Jan Pula. "If this group can get on a role, we have the talent to be standing on the top step of the podium on Sunday." The Laurentian Lady Vees travel to Montreal to compete in the CIS/CCA championships starting on Wednesday, March 25th. They will play a five game modified round robin with semi-finals and finals on Sunday, March 29th. Follow the Lady Vees every step of the way with daily recaps at [www.luvoyageurs.com](http://www.luvoyageurs.com).

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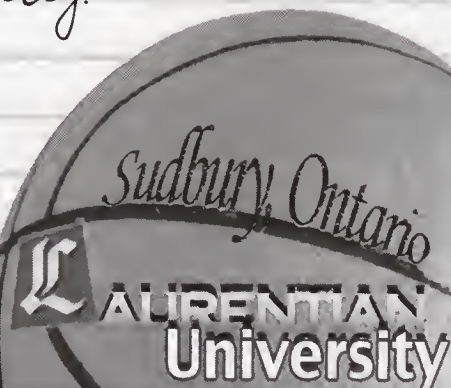
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# Twenty Questions with The Latency

**Jacqueline Miller**  
Arts and Entertainment  
Editor

The Latency is: Brandon Lehti (Voals/Guitar), Matthew Gendron (Bass), Ryan Stead (Guitar), and Jonny Wiebe (Drums). Hailing from Maple Ridge BC, they were formed two years ago, and were discovered by Tommy Mac from Hedley. Their first EP, CHOMP!! was released in July 2008. You can find them on MySpace at [www.myspace.com/thelateney](http://www.myspace.com/thelateney) and be sure to request their single "Tonight, I Love You" on the radio. Check out the music video, it was just shot in Whistler, and it will be on Much Music soon, so request it!

And now for twenty questions with the Latency:

Jacqueline Miller: Your first question is: if you were a superhero, who would you be?

Ryan Stead: Batman!

Brandon Lehti: This is my favourite question. Superman.

RS: Okay now explain it.

BL: Okay, Superman can do anything. This is why I don't understand superheroes, you've got Superman, what else do you need?

RS: He's got Kryptonite though, it's not like Hulk, he can just do whatever, and he just gets angrier and angrier. I say Batman because Batman has no superpowers; he just has a lot of money.

Jonny Wiebe: The Hulk. You don't mess with the Hulk.

JM: If you could go back in time what decade would you pick?

RS: Dinosaurs.

BL: Oh that's a good one.

RS: I'd get mowed (eaten) in like fifteen seconds but...

BL: I'd go to medieval times, I like swords and fantasy and stuff.

JW: I would go back to '65-'75. Rock and Roll. Second to that, I would pick the 1800s, around the revolution, and I would be the rich guy.

JM: What is your favourite fantasy movie?

BL: Lord of the Rings

JW: I'd have to go with Lord of the Rings as well.

RS: It's the best. Can you even beat that?

JM: What is your favourite breakfast cereal?

BL: Vector.

RS: Sugar crisp.

JW: Reese's Puffs.

JM: If you could open for any band, which band would you like to open for?

The Latency: Which ever band would bring in the biggest crowd... which would be the Jonas Brothers.

JM: What album in your collection are you most ashamed of?

RS: Miley Cyrus. Well I'm not ashamed of it, but it's like... you know.

Matthew Gendron: When it came out, like when Titanic first came out, I bought Celine Dion's CD. Bad enough as that is, I was seven and it was the first CD I bought.

BL: I'm going to say I'm not

ashamed of anything. It's not good that we're ashamed of anything because we're musicians and everything's cool.

JW: I'm going to say Demi Lovato. It's so good though. We were listening to them on the way down.

JM: What movie do you think should have won Best Picture at the Oscars?

BL: Dark Knight.

RS: I think Slumdog Millionaire totally deserved it. It was amazing.

BL: No Country for Old Men should have won again. Bring it back!

JM: What was your favourite 90s sitcom?

BL: Seinfeld.

RS: I go on and off Friends, but I can watch the same episode of Seinfeld over and over again.

JW: I was brought up on Friends

sweaters, the Ciara ones. I don't know what it is supposed to be.

JM: Do you think Vancouver has a chance in the playoffs?

BL: I want to say we'll even make it.

RS: I'm going to say, we're going to win the Stanley Cup.

MG: Yeah.

RS: I jump the bandwagon a bit though, because really, who wants to watch a nine game losing streak?

JM: Do you believe in ghosts?

BL: I have no reason not to.

RS: I have a haunted story. The back half of the Home Depot I work in is built on part of Robert Pickton's farm, and things will move around and fall off shelves by themselves.

JW: I don't believe in ghosts



and the Simpsons.

JM: What article of clothing could you not live without?

BL: Well we have sort of been living out of our suitcases.

MG: The boxers I've been wearing for the past three days...

BL: Boxers.

RS: I have a lucky pair of socks.

JM: What makes them lucky?

RS: Nothing. They smell slightly less like eggs than the rest of my socks.

JW: My jacket.

JM: Who was your favourite Prime Minister?

RS/BL: Jean Chrétien. He had the best speech impediment ever. He's so French it's like beyond the point of understanding, but he's cool.

JW: Trudeau, he was studly. He had a different group of girls waiting for him wherever he went.

RS: I say Obama. He could be a Prime Minister, right?

JM: What do you think of Barack Obama?

RS: Love him.

BL: He's going to change the world, man.

RS: But no, yeah I really really like him. I think he's going to change things.

JM: What do you think is the worst current fashion trend?

RS: Well we try to get in on a lot of the trends, but I don't like the Pete Wentz intense makeup, the dude makeup.

JM: Guyliner?

RS: Yeah.

JW: I don't like the cropped

that come to bother you, but I do believe in spirits.

JM: What was your dream job growing up?

The Latency: This. Doing what we are doing now but on a larger level.

BL: Well if you don't include the time I wanted to be a lion.

RS: I wanted to be a fire truck.

JW: I wanted to be an engineer.

MG: I wanted to be a pilot.

JM: What question would you like to be asked right now?

BL: If I would like a foot massage. Or a back massage.

JW: I'd like to be asked if it should be paid in cheque or cash. Or if I want a beer.

JM: What is your favourite animated movie?

BL: Oh my god that's so hard, there's so many good ones.

RS: That is really hard. Alright I'm a huge Disney guy so I would have to say Aladdin or Beauty and the Beast.

JW: Maybe the Emperor's New Groove...

BL: Disney, anything Disney. That's my final answer.

JM: What is your favourite sport?

RS: I'd have to say basketball.

BL: Good answer. I'd have to agree. I don't play it or anything.

RS: What else do you have?

JM: What else do I have... well you guys were talking about foot and back massages, do you find that your living space is cramped when you are on tour?

RS: Mmm... we slept in the van last night.

BL: Actually this tour is better than the last tour. Last tour we were in a Ford F-250, there were six of us, and this time we have a fifteen passenger van so you can lie down and have a little bit more room. And tonight we can get a hotel.

RS: And then we can shower. But some nights you can't get a hotel in time and can't find another place to stay so you sleep in the van.

JM: If you could be a contestant on any game show contest, what would it be?

RS: Uh Oh!

JM: From YTV?

RS: Yeah I was on a flight from Vancouver to Toronto to meet these guys for the tour, and they had digital TV on the plane so I watched Uh Oh! for like an hour and a half.

JW: I'd do the Price is Right if Bob Barker came back.

BL: Wink.

MG: Deal or No Deal. I'd like to shake Howie's hand.

JM: If you could create a new reality TV show, what would it be about?

RS: I wouldn't. I hate reality TV and I think there's too many. But if I had to create a reality show, I guess it would be about ... I don't

know. I guess a reality TV about eats or something.

BL: I'd like to see one like they did on Family Guy, with just like the most awkward people.

RS: It's just gone too far. There was a line, and they crossed it a long time ago.

JM: So here's our last question and it's kind of serious – but you can still have a funny answer if you want. What do you think about the current economic crisis?

BL: It sucks for everyone. And... go Obama!

RS: There's not really much you can really think about it. It sucks and it's going to get better, but is it going to get worse before it gets better?

JW: It's too much power with the banks because they are basically the ones that control what happens to everyone else, then my works lays me off because there's no money and it just really trickles down to everyone at every level.

RS: Buy a house, right now.

BL: Okay, you want to hear my serious answer? Ferris Bueller. Watch Ferris Bueller, take a day off, the world will make sense.



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